



Grand Traverse Bay YMCA
3000 Racquet Club Drive, Traverse City, MI 49684
www.gtbayymca.org info@gtbayymca.org
933-YMCA (9622)



Y Sports Director Barb Beckett at a Y Lacrosse Tournament at the Thirlby Field

**BUILD
SOMETHING
GOOD TODAY**

PROGRAMS & ACTIVITIES: SEPTEMBER TO DECEMBER 2011



Y Main Facility
3000 Racquet Club Drive
www.qtbayymca.org 933-9622



Y Gymnastics Center
1100 Woodmere, Ste A
929-2869



Y Early Childhood Education Center
1100 Woodmere, Ste B
421-3568



New YMCA
3700 Silver Lake Road
www.4good4ever.org 935-4066

YMCA BOARD OF DIRECTORS

Michael Casuscelli
Nick Edson
Jill Fenton-Jones
David Gabel
Hank Johnson
Marc Judge

Jay Larner
Denny Lauterbach
Brett McGreaham
Tina Piotrowski
Kim Pontius
John Russell

Lynn Schultz
Bill Stone
Rita Whaley
Greg Williams
Ron Williamson

YMCA STAFF

Tom Van Deinse - CEO

Barb Beckett - Sports Program Director

Linda Doornbos - Accountant

Dave Eitland - Development & Marketing Director

Tony Letizio - Maintenance Director

Dagny Monette - Child Care, Family, Camps Director

Betsy Van Deinse - Gymnastics Supervisor

Joseph Van Deinse - Tennis

Vacant - Teens, Facilities Rentals, Day Camp Supervisor

The Grand Traverse Bay YMCA also employs over 200 part-time staff and 350 volunteers for over 65 programs.

BUILDING HOURS: Labor Day to Memorial Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 6:00 pm
Sunday	1:00 pm – 9:00 pm

Memorial Day to Labor Day

Monday – Friday	6:00 am – 9:00 pm
Saturday	8:00 am – 12:00 pm
Sunday	Closed

2011 FACILITIES CLOSINGS:

Jan 1 – New Year's Day	Sep 5 – Labor Day
Apr 24 – Easter Sunday	Nov 24 – Thanksgiving Day
May 30 – Memorial Day	Dec 25 – Christmas Day
July 4 – Independence Day	

Christmas Eve and New Year's Eve: OPEN 8:00am – 3:00pm

FINANCIAL AID & SCHOLARSHIPS

The Grand Traverse Bay YMCA is a 501(c)(3) not-for-profit charitable organization. We depend on membership fees, program fees, & contributions in order to provide our services to the community. It is our philosophy to never deny our services to youth and families because of inability to pay. Check out our website at www.qtbayymca.org

ADMITTANCE

- * Members and guests must sign-in at the front desk.
- * A YMCA Membership card or photo ID is required.
- * Children grades 6 and under must be supervised by an adult or be a participant in a YMCA program.



www.qtbayymca.org

newsqtbayymca.blogspot.com

FOR SOCIAL RESPONSIBILITY MEMBERSHIP



It's more than just a membership ... It's the Y!

Being a member of the Grand Traverse Bay YMCA is unlike any health club membership. The Y brings families and friends of all ages together in a healthy, fun environment that builds body, mind and spirit!

Whether you participate in one or many of our youth sports, adult fitness classes, senior league play, or popular Family Fun Nights, you'll appreciate the variety of activities we offer to our members.

IT PAYS TO BE A MEMBER OF THE Y!

While we encourage use of the YMCA by the whole community, those who choose to become members are part of a worldwide movement dedicated to youth development, healthy living and social responsibility! Members also enjoy many perks, including:

- Free indoor tennis, 6-8 a.m., M - F
- Ability to reserve courts
- Free fitness classes
- Free access to cardio area
- Free circuit-training rooms
- Free drop-in basketball
- Free or reduced rates on more than 65 programs!
- Free outdoor tennis
- Free racquetball
- Free Family Fun Nights
- Free teen dances
- Free WiFi & coffee in the lobby
- Free drop-in child watch
- Free lockers and towel service #

You'll be welcomed at more than 1,000 YMCAs nationwide through the YMCA AWAY program! Contact individual YMCAs for individual program terms.

2011 DAY-PASS RATES**

Youth: \$5
Adults: \$10
Family: \$15

**Day Passes are limited to 3 uses per year.

2011 CAMP & CHILD CARE PROGRAM MEMBERSHIP RATES

\$25/YEAR

**ALLOWS
FAMILIES
ACCESS TO
SELECTED YMCA
PROGRAMS**

\$25/YEAR

**ALLOWS
INDIVIDUALS
ACCESS TO
SELECTED YMCA
PROGRAMS**

2011 FACILITY MEMBERSHIP RATES*

JOINER FEE		MONTHLY BANK DRAFT	MONTH-TO-MONTH NON-BANK DRAFT Includes joiner fee	6 MONTH OPTION Includes joiner fee	ANNUAL
\$50	YOUTH AGES 18 & UNDER	\$17	\$49	\$152	\$180
\$50	SENIOR AGES 60 & OLDER	\$27	\$69	\$212	\$324
\$50	ADULT AGES 19-59	\$32	\$79	\$242	\$384
\$50	ADULT COUPLE AS DEFINED BY THE IRS	\$42	\$99	\$302	\$504
\$50	FAMILY AC & DEPENDENTS	\$47	\$109	\$332	\$564

Bank Draft Policy

Bank draft is automatically renewed on an ongoing basis. A 30-day written notice and return of membership cards are required to cancel a membership. Automatic withdrawals are made on your local checking or savings account on the 1st or 15th of each month. The initial payment of Joiner Fee plus one month membership fee is non-refundable. The first debit can be expected within 30 days of purchase. The YMCA reserves the right to cancel any bank draft, and deny future bank drafts, due to insufficient funds.

Late Fees

A late fee of \$10 will be charged for all payments made after the registration deadline for all programs (includes programs with player fees) and to all late membership renewals. The late fee is non-refundable and will not be included in any program credit as per the Program Refund Policy. NSF or returned checks will have a \$20 fee added.

Notice: all lockers are for day use only. Locks left on overnight will be removed and all contents discarded immediately.

*Visit www.gtbayymca.org for rate details and restrictions. Rates & fees subject to change without notice.

FOR YOUTH DEVELOPMENT

PEE WEE SPORTS/KINDERKICKERS

LACROSSE SKILLS & LEAGUE

PEE WEE SPORTS/KINDERKICKERS

Pee Wee Sports/Kinderkickers provides a variety of sports - soccer, basketball, and many more! Pee-Wee Sports/Kinderkickers is for pre-school kids ages 3-5 years.

This class will meet weekly for 6 weeks. Parents are encouraged to get involved in class and play as a family. Class is at the Y Main Facility fields for outdoor introductory soccer.

Registration Deadline: Sep 4

Dates/Times: Wed, Sep 14 - Oct 19
4:30 pm - 5:30 pm

Location: YMCA Main Facility Fields
3000 Racquet Club Dr, Traverse City

Fee: YMCA Members \$25 Non-members \$60

Late Registration Charge after deadline: \$10

LACROSSE SKILLS

GRADES 1 - 4 & 5 - 8

Brush up on your stick skills, stay active, and have fun! That's what our Lacrosse workshops are all about. Prep for the spring leagues, use it for a cross-training workout, & join the fellowship of Lacrosse. No experience necessary and it is a lot of fun! Lacrosse equipment required.

Registration Deadline: Feb 3, 2012

Dates/Times: Mon Feb 13 - Mar 19, 2012

Grades 1 - 4: 5:00 pm - 6:00 pm

Grades 5 - 8: 6:00 pm - 7:00 pm

Fee: \$25 Y member \$60 Non-member

Location: YMCA Main Facility fields.

LACROSSE LEAGUE

Registration for Lacrosse teams will be by local association.

Contact League Commissioner Barb Beckett at 933-YMCA to be connected with your local association.

All league and varsity players must complete the standard registration form prior to the first day of practice. Forms are available on the YMCA website at www.qtbayymca.org just click the Registration tab.

The Grand Traverse Lacrosse League website is found at: <http://www.grandtraverselacrosse.com/index.php>



THE FASTEST SPORT ON TWO FEET!

FOR YOUTH DEVELOPMENT

YOUTH BASKETBALL

SKILLS

BASKETBALL SKILLS PROGRAM

Well rounded skills program where children learn this popular sport in the context of the YMCA's four core values of caring, honesty, respect, and responsibility. *Kids should bring a water bottle.* Program is held at YMCA Main Facility.

GRADES K – 3 SKILLS

Lots of fun for the little ones. No experience necessary. All equipment provided. We cover dribbling, basic rules, and how to work as a team. Class meets on Wednesdays for 6 weeks.

Registration Deadline: Sep 4

Season/Times: Sep 14 – Oct 19, 5:30 pm – 6:30 pm

Fee: \$25 Y Members \$60 Non-members

GRADE 4 – 6 SKILLS

This is a perfect way to learn the game. We run drills, play scrimmages, and have a lot of fun shooting hoops. Half the class is spent on fundamentals, then we put them into practice with a game. All equipment provided. Class meets on Wednesdays for 6 weeks.

Registration Deadline: Sep 4

Season: Sep 14 – Oct 19, 6:30 pm – 7:30 pm

Fee: \$25 Y Members \$60 Non-members

Note for all programs:

Late Registration Charge after deadline: \$10



LEAGUES

FALL BOYS BASKETBALL LEAGUES

TWO DIVISIONS: GRADES 2 & 3 | GRADES 4 & 5

A competitive league where teams are formed generally by school. Games are officiated. All players get a t-shirt. 11 players per team maximum.

Registration Deadline: Nov 2

Season: Saturdays, Nov 12 – Dec 17

Fee: \$35 Y Members \$70 Non-members

Location: YMCA Main Facility

WINTER GIRLS BASKETBALL LEAGUES

GRADES 3, 4, 5

A competitive league where teams are formed generally by school. Games are officiated. All players get a t-shirt. 11 players per team maximum.

Registration Deadline: Jan 4, 2012

Season: Saturdays, Jan 14 – Feb 18, 2012

Fee: \$35 Y Members \$70 Non-members

Location: YMCA Main Facility

TOURNAMENTS

FOR 2012

"THE BLIZZARD"

5-ON-5 BOYS BASKETBALL TOURNAMENT

This 5-on-5 tournament for boys in grades 7 and 8. Every player gets a t-shirt.

Registration Deadline: Jan 18, 2012

Tournament Dates: Sat, Jan 28, 2012, 9 am in local gyms

Fee: \$200 per team

FOR 2012

"MIDNIGHT MADNESS"

3-ON-3 BASKETBALL TOURNAMENT

This 3-on-3 tournament for boys and girls in grades 5-9. Every player gets a t-shirt. This is the biggest and best BB event!

Registration Deadline: Mar 6, 2012

Tournament Dates: Fri, Mar 16, 2012 at YMCA

Fee: \$120 per team of 3 or 4 players

FOR YOUTH DEVELOPMENT GYMNASTICS

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Session dates:

Fall 1 (6 weeks) Week of Sep 12 - Week of Oct 17
Fall 2 (6 weeks) Week of Oct 31 - Week of Dec 5
Winter 1 (6 weeks) Week of Jan 2 - Week of Feb 6, 2012
Winter 2 (6 weeks) Week of Feb 13 - Week of Mar 19
Spring 1 (6 weeks) Week of Apr 2 - Week of May 14
Spring 2 (4 weeks) Week of May 14 - Week of Jun 4
Summer 1 (6 weeks) Week of Jun 18 - Week of July 23
Summer 2 (4 weeks) Week of July 31 - Week of Aug 20

YMCA GYMNASTICS

1100 Woodmere, Suite A, Traverse City, MI 49686

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. Y Gymnastics will have final approval on class placement. Phone Y Gymnastics at 929-2869 with all gymnastics questions.

Boys & Girls ages 1 - 3 (w/parent)

Y Members: \$25 non-Members: \$49
__ Mon 10:30 am __ Wed 10:30 am
__ Thurs 10:00 am __ Fri Noon
__ Sat 10:30 am (all classes 45 minutes)

Boys & Girls ages 3 - 4

Y Members: \$25 non-Members: \$49
(This class ONLY available to 3 year olds upon placement by a Y Gymnastics coach)
__ Mon 10:30 am __ Mon 4:30 pm
__ Mon 5:30 pm __ Tue 3:30 pm
__ Tue 4:30 pm __ Tue 5:30 pm
__ Tue 6:30 pm __ Wed 10:30 am
__ Wed 4:00 pm __ Wed 5:00 pm
__ Wed 6:00 pm __ Thurs 10:00 am
__ Thurs 4:30 pm __ Thurs 5:30 pm
__ Thurs 6:30 pm __ Fri Noon
__ Sat 11:30 am __ Sat 12:30 pm
(all classes 45 minutes)

Boys & Girls ages 5 - 6

Y Members: \$25 non-Members: \$49
__ Mon 10:30 am __ Mon 4:30 pm
__ Mon 5:30 pm __ Tue 3:30 pm
__ Tue 4:30 pm __ Tue 5:30 pm
__ Tue 6:30 pm __ Wed 10:30 am
__ Wed 4:00 pm __ Wed 5:00 pm
__ Wed 6:00 pm __ Thurs 10:00 am
__ Thurs 4:30 pm __ Thurs 5:30 pm
__ Thurs 6:30 pm __ Fri Noon
__ Sat 11:30 am __ Sat 12:30 pm
(all classes 45 minutes)

Boys Only ages 7 & up Beginner

Y Members: \$30 non-Members: \$54
__ Mon 4:30 pm __ Tue 6:30 pm
__ Wed 5:00 pm (all classes 55 minutes)

Boys Only Int/Advanced

Y Members: \$30 non-Members: \$54
__ Wed 6:00 pm __ Thurs 6:30 pm
(all classes 55 minutes)

PARENTS PLEASE NOTE:

*Y Gymnastics is a progressive program.
To assure the best and safest coaching
for your child and other children, class
placement by our coaches is necessary.*

Beginner Girls ages 7 & up

Y Members: \$30 non-Members: \$54
(This class ONLY available to 7 year olds upon placement by a Y Gymnastics coach)
__ Mon 4:30 pm __ Mon 5:30 pm
__ Mon 6:30 pm __ Tue 4:30 pm
__ Tue 5:30 pm __ Tue 6:30 pm
__ Wed 5:00 pm __ Wed 6:00 pm
__ Thurs 4:30 pm __ Thurs 5:30 pm
__ Thurs 6:30 pm __ Sat 10:30 am
(all classes 55 minutes)

Int ages 6 & up 1 or 2 day s/week

1 day: Y Members: \$46 non-Members: \$70
2 day: Y Members: \$76 non-Members: \$100
(coach recommendation required)
__ Mon 5:30 pm __ Tue 4:30 pm
__ Wed 5:00 pm __ Thurs 4:30 pm
__ Sat 9:30 am (all classes 1hr 55min)

Advanced 1 or 2 days per week

1 day: Y Members: \$46 non-Members: \$70
2 day: Y Members: \$76 non-Members: \$100
(coach recommendation required)
__ Mon 5:30 pm __ Tue 4:30 pm
__ Wed 5:00 pm __ Thurs 4:30 pm
__ Sat 9:30 am (all classes 2 hours)

Private Lessons

Y Members: \$20/half hr
Non-Members: \$24/ half hr

FUN MEET TEAMS

Pre-Team Levels 3-4 (4 hrs)

Y Members: \$66/mo non-Members: \$80/mo
__ Tues & Thurs 4:30 - 6:30 pm

Pre-Team Levels 3-4 (6 hrs)

Y Members: \$84/mo non-Members: \$98/mo
__ Tues & Thurs 4:30 - 7:30 pm

COMPETITION TEAMS

SAVE \$10 OFF listed rate for payments received before the 1st of each month. ADD \$10 late fee to listed price for all payments received after the 5th of the month due.

Team Levels 4-5 (9 hrs)

Y Members: \$125/mo non-Members: \$139/mo
__ Tue, Wed, Thurs 4:30-7:30 pm

Team Level 5 (12 hr)

Y Members: \$145/mo non-Members: \$159/mo
__ Mon, Tue, Thurs 4:15-8:15 pm

Team Levels 5-6 (16 hr)

Y Members: \$189/mo non-Members: \$203/mo
__ M,T,Th 4:15 - 8:15 pm, Sat 9:30 - 1:30

Team Levels 6-7 (20 hr)

Y Members: \$235/mo non-Members: \$249/mo
__ M,T,W,Th 4:15 - 8:15 pm, Sat 9:30 - 1:30

Team Levels 8-10 (24 hr)

Y Members: \$265/mo non-Members: \$279/mo
__ M-F 3:30 - 7:30 pm, Sat 9:30 - 1:30

Birthday parties available!
Private lessons available!

Check out our NEW 3,000 sq.ft.
gym and the

Adrenaline Maze Bounce House!

It's perfect for parties!

Please do not mail registration
form - Call 929-2869 for
registration and details.



FOR YOUTH DEVELOPMENT

YMCA POP WARNER & FLAG FOOTBALL

Y SOCCER

Y FLAG FOOTBALL

The YMCA offers the best flag football program for boys and girls. All equipment is provided. All games are officiated. All players get awards for participating. Coaches are volunteer parents. Practices are built-in followed by a game each night. Bring water bottle and dress for weather. We play in the rain! *Both divisions meet once per week for 6 weeks.*

Registration deadline: Sep 9

League Dates: Week of Mon, Sept 19 to week of Mon, Oct 24

Grades 2 & 3: Play Tues or Wed 5:00 - 7:00 pm

Grades 4 & 5: Play Wed or Thurs 5:00 - 7:00 pm

Fee: YMCA Members \$25, Non-members \$60

Late Registration Charge after deadline: \$10

Y POP WARNER FOOTBALL

The YMCA offers the oldest and safest youth tackle football program for boys and girls, not to mention it's the 2nd largest Pop Warner program in the Midwest! Our program is in 30 communities in Northwestern Michigan with 2,000 kids and 325 coaches. This is a travel league that plays on Saturdays in the fall.

Junior Pee Wee: Ages 8-10 60-105 lbs.

Junior Midget: Ages 10-12 85-135 lbs.

For more info visit www.tcyouthfootball.org or www.ymcafootball.com

Y YOUTH SOCCER LEAGUES

These coed leagues emphasize fun and safety for grades K-8. Games are on Saturday mornings and some will be played midweek. Teams are made by school and special request so you can play with your friends. Coaches are volunteers.

Registration deadline: Sept 10

League Dates: Sept 24 - Oct 29 (Sat & some Tues/Thurs)

Coaches Meeting: Wednesday, Sept 7, 6:00 pm

Fee: YMCA Members \$25, Non-members \$60

Late Registration Charge after deadline: \$10

Equipment: All players need a Red T-shirt (home games) & Yellow T-shirt (away games). Official uniforms available at "Play It Again Sports" on S. Airport Rd.

Y KINDERKICKERS

See listing on page 4 under "Pee Wee Sports/Kinderkickers"



FOR YOUTH DEVELOPMENT

Y SCHOOL'S OUT PROGRAM

Y CHRISTMAS & SPRING BREAK CAMP

Y EARLY CHILDHOOD EDUCATION



Y EARLY CHILDHOOD EDUCATION

YMCA Early Childhood Education offers full-time and part-time programs for infant through Pre-K age groups that provide high quality care, professional and experienced staff, and structured and valuable learning. The Y understands the ins and outs of each developmental process and tailors programs to teach the model 4-Core Values of Honesty, Caring, Respect and Responsibility. Our Creative Curriculum allows for maximum use of imagination, and we use Group Publications for our Christian-based curriculum. Y Early Childhood Education fosters a warm, inviting, family-friendly environment with everyday interactions among parents, staff, and children.

Location: YMCA Early Childhood Education Center
1100 Woodmere, Ste. B, Traverse City

Dates: Mon - Fri

Times: 6:30 am - 6:00 pm

Y Member Fee:

\$170/wk for infants - 2 years

\$145/wk for 3 - 5 years

Non-member Fee:

\$175/wk for infants - 2 years

\$150/wk for 3 - 5 years

\$25 program registration

Partial week options available. Contact Dagny at 421-3568 for more information. *Financial assistance may be available through the YMCA or Angel Foundation. Call 421-3568 for more information.*

All Y Child Care Programs accept DHS or have Y scholarship assistance available. Enrollment and health forms are required for each child to enter the programs. The forms may be accessed at www.gtbayymca.org. Y Child Care Programs are state licensed and NOT available for drop-in.

CHRISTMAS & SPRING BREAK CAMP

During regularly scheduled TCAPS breaks, the Y provides camps in a values-based, fun setting.

Times: 6:30 am - 6:00 pm

Christmas Break Camp 2011: Dec 23, Dec 26-30, Jan 2

Y Member Fee: \$16/day

Non-member Fee: \$25/day

Spring Break Camp 2012: Mar 26 - 30

Y Member Fee: \$16/day

Non-member Fee: \$25/day

Y SCHOOL'S OUT

On days when TCAPS is not in session for half or full days, breaks, or snow days, the YMCA offers programming for school age children called Y School's Out.

The program is located at the main YMCA and students can spend the day in a safe and fun environment playing sports, challenging their friends to board games, testing their virtual skills on the Wii console, creating art projects, and much more. Each child is to bring a sack lunch/beverage (no candy/pop). An afternoon snack is provided.

Location: YMCA Main Facility

3000 Racquet Club Dr, Traverse City

Dates: Snow Days or TCAPS scheduled days off

Times: 6:30 am to 6:00 pm

Y Member Fee: \$16/full day, \$10 half day

Non-member fee: \$25/full day, \$20 half day



FOR YOUTH DEVELOPMENT LEADERS CLUB MICHIGAN YOUTH IN GOVERNMENT TEEN DANCES YMCA BIRTHDAY PARTIES

LEADERS CLUB

Leaders Club kids participate in special projects that challenge their character, provide them with skills to make good choices, and build positive self-esteem. The group grows close in friendship and builds a connection to be the very best they can be. We are in the process of forming a new Leaders Club at this YMCA.

Teens build relationships with the teen leaders who encourage them and provide opportunities and events that are fun and enjoyable for all interests. Some activities we are hoping to include in the upcoming year-round program are sledding, movies, and special game nights.

Each event will be chaperoned and parents are welcome to participate.

Check out the website at www.qtbayymca.org, or contact the Y at 933-9622 for scheduled events and to be added to the mailing list.

MICHIGAN YOUTH IN GOVERNMENT

Youth In Government is a program that reaches out to students in the Traverse City Public Schools and surrounding schools, such as Leland and Elk Rapids.

Students learn how government works, operates, and how the government/congress system functions to pass laws and legislation.

The entire group travels to Lansing and spends a week learning with actual hands-on experience at the State Capitol.

Check the website at www.qtbayymca.org, or contact the Y at 933-9622(YMCA).

Location: Lansing

Dates: To Be Announced (TBA)

Fee: TBA/ person plus a transportation fee.

TEEN DANCES

Teens can dance the night away, enjoy pizza, and get in a few games of 3-on-3 or P-I-G, with hundreds of their friends during the Teen Dances at the Grand Traverse Bay YMCA Main Facility.

The dance is open to students in grades 6, 7, 8 and the price includes three hours of dancing to music provided by a professional DJ, open gym, pizza and pop. Please consult the Teen Dance Code of Conduct on website <http://bit.ly/d5Hpbj>

Location: YMCA Main Facility, 3000 Racquet Club Dr

Dates/Sessions: Sat, Aug 20, Sep 17, Oct 1, Nov 5, Dec 3, Jan 7, Feb 4, Mar 3, Apr 7, May 5 (No dance in June or July)

Y Member Fee: FREE **Non-member fee:** \$8

Student ID is required to get into the dance!

Parents and volunteers are always welcome to chaperone the dances.

Check out the website at www.qtbayymca.org, or call at 933-9622.

YMCA BIRTHDAY PARTIES

Weekdays, evenings, or weekends we will gladly host a two-hour party. We will decorate the party room and provide all of the paper products. Parents provide cake, ice cream, and party favors if desired. Fun events including our new bounce house are run by our staff.

Fee: \$105 (up to 12 children), Additional children are \$2.00 each. Maximum of 20 children.

Make your reservations at 933-9622 for the Y Main Facility.

Special Gymnastics-themed parties also available at our gymnastics center. Call Betsy at 929-2869 to make your gymnastics birthday party reservation.

FOR YOUTH DEVELOPMENT Y YOUTH TENNIS

Session dates:

Fall 1 (6 weeks) Week of Sep 12 - Week of Oct 17
 Fall 2 (6 weeks) Week of Oct 31 - Week of Dec 5
 Winter 1 (6 weeks) Week of Jan 2 - Week of Feb 6, 2012
 Winter 2 (6 weeks) Week of Feb 13 - Week of Mar 19
 Spring 1 (6 weeks) Week of Apr 2 - Week of May 14
 Spring 2 (4 weeks) Week of May 14 - Week of Jun 4
 Summer 1 (6 weeks) Week of Jun 18 - Week of July 23
 Summer 2 (4 weeks) Week of July 31 - Week of Aug 20

GRADES 6 - 8 BOYS TEAM TENNIS

8 - 10 players/team by school but may be combined. Features one or more practices each week scheduled by team coach. A match against another team once each week.

Location: TBA

Dates/Sessions: Week of Sep 19 to Week of Oct 24

Times: 4:00 pm

Match Schedule available: Sep 19

Registration Deadline: Sep 9

Y Member Fee: \$25

Non-member fee: \$60

YOUTH GROUP TENNIS LESSONS

___ Tots (ages 3-5) Tue 8:30 am - 9:00 am

Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

___ Tots (ages 4-6) Sat 10:30 am - 11:00 am

Y Members: \$21/3 hrs Non-Members: \$36/3 hrs

___ Grades K-3 Sat 11:00 am - Noon

___ Grades K-3 Tue 4:00 pm - 5:00 pm

___ Grades K-3 Fri 4:00 pm - 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 4-6 Sat Noon - 1:00 pm

___ Grades 4-6 Tue 4:00 pm - 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 7-9 Fri 4:00 pm - 5:00 pm

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

___ Grades 7-9 Sat 1:00 pm - 2:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ HS Try Out Team Sat 1:00 pm - 2:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Tourney Team** Mon, Wed, Thu 4:00 pm - 6:00 pm

2 day: Y Members: \$126/24 hrs Non-Members: \$216/24 hrs

3 day: Y Members: \$210/36 hrs Non-Members: \$360/36 hrs

___ Tourney Team** Sat 2:30 pm - 4:00 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Grades 9-12 Sun 7:00 pm - 8:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

** Coach recommendation REQUIRED for Tourney Teams

Location: Y Main Facility, 3000 Racquet Club Drive

Dates:

Fall 1 (6 weeks) Week of Sep 12 - Week of Oct 17

Fall 2 (6 weeks) Week of Oct 31 - Week of Dec 5

Winter 1 (6 weeks) Week of Jan 2 - Week of Feb 6, 2012

PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Fee: Y Member \$40/hr, Non-member \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants



FOR HEALTHY LIVING ADULT TENNIS

← SESSION DATES ON PAGE 10

COURT FEES:

YMCA members may reserve courts up to one week in advance. Non-members may not reserve courts and must purchase a day pass in addition to court fees when playing with a member. All fees must be paid at the front desk before playing.

CONTRACT COURT TIME:

To be assured your same court & time each week, we offer Contract Court Time for Fall and Winter. YMCA Members only. Call Barb Beckett at 933-YMCA (9622) for Contract Court availability. Contract Court offered in 17 week sessions beginning week of Sep 5 & Jan 2

PRIVATE TENNIS LESSONS

USPTA certified professionals are available for private or semi-private lessons. Call to schedule.

Y Member Fee: \$40/hr

Non-member Fee: \$48/hr

Semi-private lessons also available at the same rate split among 2- 3 participants.

BALL MACHINE RENTAL:

Pay court fee plus \$2 per hour.

COURT RENTAL FEES:

Indoor Courts:

Mon - Fri 6 - 8 am Members FREE

Mon - Fri 8 - 9 am \$12/hr

Mon - Fri 9 am - 5 pm \$16/hr

Mon - Fri 5 - 9 pm \$18/hr

Sat 8 am - Noon \$18/hr

Sun 1- 9 pm \$18/hr

Outdoor Courts:

Members FREE

Non-Members: \$10 day pass and \$2/hr/person

ADULT GROUP TENNIS LESSONS

___ Intermediate Thurs 8:00 pm - 9:30 pm

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Advanced/Int Wed 9:00 am - 10:30 am

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

ADULT TENNIS LEAGUES

___ Mon AM League Mon 9:00 am - 11:00 am

Y Members Only: \$60/14 hrs - Balls provided

___ Thu League Thurs 2:00 pm - 4:00 pm

Y Members Only: \$60/14 hrs - Balls provided

ADULT CARDIO TENNIS

___ Tue 10:00 am - 11:30 am or Wed 10:30 am - Noon

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Intermediate Wed 10:30 am - Noon

Y Members: \$63/9 hrs Non-Members: \$108/9 hrs

___ Thu 9:00 am - 10:00 am or Wed 10:30 am - Noon

Y Members: \$42/6 hrs Non-Members: \$72/6 hrs

FREE TENNIS FOR Y MEMBERS!

Y Members play tennis free 6:00 - 8:00 am Mon - Fri

Teen Members also free 6:00 - 9:00 pm 2nd & 4th Sat!



Due to limited availability (We need to build the New Y Now!), registration for each new session of group tennis lessons and leagues will be subject to the following rules:

1. YMCA members currently enrolled in a group tennis lesson or league may register up to six weeks in advance for the next session. Note: lessons run on a 6 week schedule; leagues run on a 7 week schedule.
2. Other YMCA members may register for a group tennis lesson or league up to one month in advance of each session.
3. Non-members may register for group tennis lessons up to three weeks in advance of each session.
4. Registration is not complete and a spot cannot be reserved until all fees are paid.

FOR HEALTHY LIVING

ADULT BASKETBALL LEAGUES

COURT SPORTS

PICKLEBALL AT THE Y

ADULT BASKETBALL

Noon Drop-in Basketball

There is always a game going on! From 12 noon - 2 pm
Tuesdays & Thursdays, stop by on your lunch hour for a workout!

Fee: YMCA Members Free Non-Members \$10

Women's Basketball League

This league is for high school girls and women wanting to play basketball. Round Robin format played on Sunday evenings at Traverse City area gymnasiums.

Deadline: Sep 8

Season: Sun, Sep 18 - Nov 13

Fee: \$325 team sponsor fee plus \$25 per player

Men's Basketball League

As one of the oldest sports leagues in town, this league is for men wanting to play basketball. Played in Round Robin format at Traverse City area gymnasiums.

Deadline: Oct 21

Season: Oct 31 - March 2012

Regular Season and end of season tournament

Fee: \$550 team sponsor fee plus \$25 per player

COURT SPORTS

Racquetball, Handball, & Wallyball Courts

The finest courts in the north are at the YMCA, and only members may reserve courts.

Fee: YMCA Members Free, Non-Members \$15 day pass
+ court fee of \$5.00 per hour

PICKLEBALL AT THE Y

Mondays, Wednesdays, and Fridays, the YMCA opens its three new outdoor and three indoor Pickleball courts. Pickleball is similar to tennis, but played on a smaller court with a wooden paddle and a plastic ball. Join the fun!

Call 933-YMCA (9622) for times.

Fee: YMCA Members \$2 court fee/player

Non-Members \$10 day pass + \$2 court fee/player

***THANK YOU TO ALL WHO
DONATED TO IMPROVE OUR
PICKLEBALL COURTS THIS YEAR!***



Y FALL ADULT SOFTBALL

Fall Softball Leagues

We offer Coed and Men's leagues in the fall. Games are played at the Civic Center. Contact Barb Beckett at the Y for more info at 933-9622. Get your glove and bat and *"let's play ball!"*

Deadline: Aug 25

Season:

Men's League plays Mon - Wed beginning Sep 12
 Coed League play Sun beginning Sep 11

Fee: Coed League: \$425 per team
 Men's League: \$425 per team.

Y SUMMER SOFTBALL LEAGUES

Location: GT County Civic Center Fields,
 Traverse City

Coed League:

Registration Deadline: Mar 31, 2012

Starting Dates & Number of Teams in League:

Sun Competitive, May 1, first 12 teams
 Sun Recreational, May 1, first 12 teams
 Mon, May 2, first 9 teams
 Fri, May 6, first 9 teams

Sun Fee: \$550 per team

Mon & Fri Fee: \$650 per team

Men's League:

Registration Deadline: Mar 31, 2012

Starting Date: Apr 25

Leagues and Play Dates:

Senior: Mon, B: Thu, C: Tue, D: Wed
 Friday is for overflow

Fee: \$650 per team

Women's League:

Registration Deadline: Apr 23, 2012

Starting Date: May 7

Leagues and Play Dates:

Senior: Mon, B: Thu, C: Tue, D: Wed
 Friday is for overflow

Fee: \$650 per team

Contact Barb Beckett, 933-9622 for more information. **Softball Rainout Hotline:** 231-357-0215



FOR HEALTHY LIVING

ADULT FITNESS & PERSONAL TRAINING

YOUTH WORKING ON WELLNESS (WOW)

CHILD WATCH

The Grand Traverse Bay YMCA provides four fitness areas, classes, and trained staff to provide members and the public with solutions unique to their fitness needs.

Choose between four distinct fitness areas:

STRENGTH & CARDIO:

14-piece strength circuit features selected machines by Body Power, complemented by three screen Broadcast Vision entertainment for our cardio equipment: four treadmills, four stair steppers, three bikes, and three elliptical machines.

FREE WEIGHTS:

Benches and squat rack for lifting in a semi-private setting. Check out our new rubberized flooring!

AEROBICS STUDIO:

Soft wood floor for dance & aerobics, as well as special fitness programs utilizing hand weights, resistance tubes, and exercise balls.

CIRCUIT TRAINING ROOM:

Complete circuit training room upstairs in main facility offers users the benefit of a complete workout in a nice, private, large room. **NEW programmed circuit training room opened this fall adjacent to aerobics studio.**

CHILD WATCH SERVICE:

The YMCA offers babysitting for ages birth - 7 years during aerobics hours only. Parents must be on the premises for children to use this service.

Days/Times:

Monday - Friday 9:00am - 1:00pm

Monday - Thursday 4:00pm - 7:30pm

Times are subject to change with no notice.

Fee: YMCA Members FREE Non-members \$3 per child/visit

WHAT IS YOUTH W.O.W.?

YOUTH W.O.W. is a four-month comprehensive weight management program that combines health assessment and weight monitoring, nutritional guidance, exercise training, and behavioral counseling, all in an effort to help youth achieve and maintain a healthy lifestyle.

Fall, 2011: Week of Sept 12 – Week of Dec 2

Registration deadline: Fri, Sep 2

Orientation: 6:00 pm, Wed, Sep 14

Winter, 2012: Week of Jan 2 – Week of Apr 16

Registration deadline: Fri, Dec 23

Orientation: 6:00 pm, Wed, Jan 4

Fee: Y member: \$272/4 month program (\$68/month)

Non-member: \$392/4 month program (\$98/month)

Contact Rebecca Galsterer at 933-9622 or

www.gtbayymca.org

PERSONAL TRAINING:

Work one-on-one with a Certified Personal Trainer to assess your current fitness level and develop a program to meet your personal fitness goals. Please visit the Main Facility Front Desk to schedule a personal training session

Group or individual training fees:

\$36/hr members, \$48/hr non-members



The Y provides a variety of group exercise opportunities. All FREE to YMCA members.

Location: Main Facility, 3000 Racquet Club Dr

Y Members Fee: FREE **Non-member Fee:** \$10

C.S.I. CARDIO STRENGTH INTERVALS

This class puts it all together.

Days/Session: Mon & Wed

Times: 9:30 – 10:30 am

BOOT CAMP

Get a fast-paced workout with no two classes alike.

Days/Time: Fri 9:30 – 10:30 am

Mon, Wed, Fri Noon– 1:00pm

TOTAL BODY CONDITIONING (TBC)

Increase the heart rate while sculpting those muscles.

This one-hour class combines strength training and aerobics to give you a workout worth talking about.

Days/Session: Mon & Wed

Times: 5:30 – 6:30 pm

Y PILATES

Pilates is a great way to firm and tone, de-stress, and rejuvenate your spirit, mind and body. Non-impact technique make for a class anyone can benefit from!

Days/Sessions: Tue & Thu

Times: 5:30 – 6:30 pm

New! ZUMBA & ZUMBA-TRONICS

Zumba is a Latin-inspired, dance fitness class that incorporates Latin and international music and dance movements. It integrates some basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, and total body toning. Ask about Zumba-tronics for children!

Days/Sessions: Tue 11 am – 12 n; Thu 6:45 – 7:45 pm

Y TRX® TRAINING

Total Results Training. TRX Suspension Training delivers results with dynamic total body exercise that appeals to both men and women, no matter their fitness level and goals. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose.

Days/Times: Mon / 10:45 am – 11:30 am; Tue / 6:45 pm – 7:30 pm; Wed / 8:45 am – 9:30 am

Y Members: \$12 / 6 week session / one class per week.

Non-Members: \$72 / 6 week session / one class per week.

Due to limited class size, registration for class times is required for this class!



TOTALLY TONE

Tone up by using several methods of strength training.

Days/Sessions: Tue and Thu

Times: 9:30 – 10:15 am

HARD “CORE”

All core, all the time. Spend a half hour of your morning hour strengthening the body's powerhouse, your core. All levels and all abilities welcomed.

Days/Sessions: Tue and Thu

Times: 10:15 – 10:45 am

Note: These two classes are scheduled "back-to-back" so that people can either take them separately or together.

FOR HEALTHY LIVING

FAMILY NIGHTS

Looking for something fun and affordable to do with your family? Join us for Family Fun Nights at the YMCA!

Family Fun Nights bring your family together in a safe and fun environment to keep your kids smiling and your budget in check.

Family Fun Night Schedule

At the Main Y

Come join us for family friendly games of racquetball, basketball, tennis, ping pong, bounce house or test your virtual skills on the Wii game console. **All-you-can- eat** pizza, beverages, and snack provided.

Location:

Y Main Facility

3000 Racquet Club Dr

Dates/Sessions: First Friday each month
(October - May)

Times: 6:00 - 9:00 pm

Y Member Fee: FREE

Non-member fee: \$15 per family

At the Y Early Childhood Center

This night is geared toward families with younger children offering art projects, bounce house and a huge gym. **All-you-can- eat** pizza, beverages, and snack provided.

Location: Y Early Childhood Center

1100 Woodmere, Ste B

Dates/Sessions: Third Friday each month
(October - May)

Times: 6:00 - 8:00 pm

Y Member Fee: FREE

Non-member fee: \$15 per family.

Go to www.qtbayymca.org for themes and exact dates.



FOR SOCIAL RESPONSIBILITY FACILITY RENTALS VOLUNTEER, GIVE, LIVE

YMCA FACILITY RENTALS

The YMCA is the place to go for large venue activities, youth lock-ins, retreats or just a few hours! You may rent in advance all or part of our facility for a group of any size. We offer canoeing, kayaking, tennis, roller hockey, basketball, racquetball, wallyball, volleyball, and many other activities for fun and exercise. Ask for a Facility Rental Brochure at the YMCA front desk, go to the web site at www.gtbayymca.org or call 933-9622 .

Some examples:

- *Present Truth Ministries of TC meets at the YMCA Early Childhood Center Sunday at 10:30 am for a time of worship and teaching.*
- *A school is using our workout and fitness areas for a special physical education class.*
- *Churches have rented the facilities for various youth ministry activities including "lock-ins".*
- *Groups like pickleball enthusiasts rent court time to play this fast-paced, growing sport.*



VOLUNTEER, GIVE, LIVE

VOLUNTEER

Coaches, baby rockers, chaperones, committee members, building & grounds ... there are plenty of opportunities to volunteer your time and talent to the over 65 programs of the Y. Check out our website and click "Volunteer" on the program list for many and varied opportunities.

GIVE

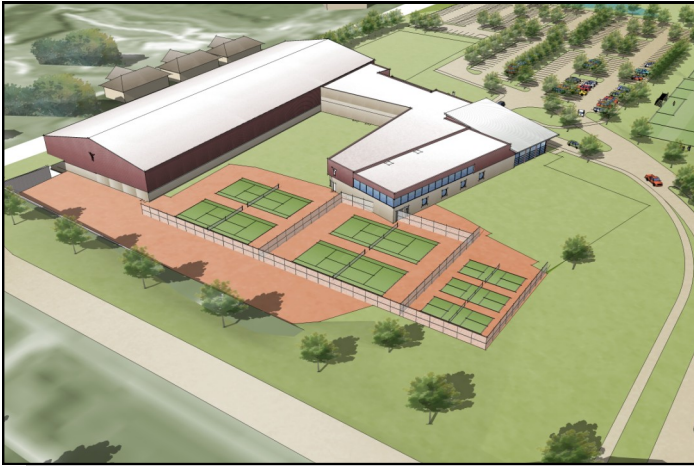
INVEST IN YOUTH

Your annual donation to our *Invest in Youth Appeal* provides opportunity for kids, families, and seniors to fully participate in all our programs. Check out our website and download a donation form for your gift.

THE NEW Y CAPITAL CAMPAIGN

Your donation and pledge to the New YMCA will help us build the new Y on Silver Lake Road. Click www.4good4ever.org to make a donation now. Call 935-4066.

***We thank our Invest in Youth donors who gave over \$240,000 in 2010
to help the Grand Traverse Bay YMCA
promote its Judeo-Christian mission to our region!!***



Let's Build Something Good Today

In preparation for the final half of the campaign for the New Y, we've adopted a new campaign theme – "Let's Build Something Good Today."

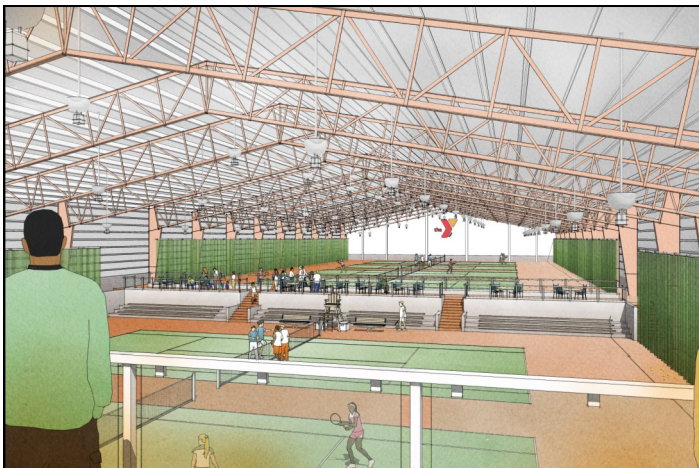
A new facility is not the only good thing we're building, though. In fact, the New Y will be much more than just a building – it will be a renewed mission-driven, people-focused approach to delivering service to our community. The New Y will, more than ever, help us to build strong spirit, mind, and body through programs focused on youth development, healthy living, and social responsibility.



And *that* new building has already begun. *That's* why we opened our very popular child care facility on Woodmere in advance of the New Y building – for youth development. *That's* why we've committed to the Y Youth WOW program and why we're converting a racquetball court to circuit fitness – for healthy living. And *that's* why we utilize our child care center space on Sundays for church service, and why we offer programs like Y Youth in Government and Y Leaders – for social responsibility.

The preceding pages are filled with more than 65 programs that help us to build something good today. We invite you to be a part of that building process, both today and for the New Y.

Tom Van Deinse, CEO
Grand Traverse Bay
Young Men's Christian Association (YMCA)





Universal Registration Form

Program			
Program Dates/Season Dates:			
Participant Name			
Email	<input type="checkbox"/> Y Member <input type="checkbox"/> Non Member	<input type="checkbox"/> Male <input type="checkbox"/> Female	
Address			
City, State, Zip			
School	Grade	Date of Birth	
Mother/Guardian		Father/Guardian	
Address		Address	
City, State, Zip		City, State, Zip	
Home Phone	Cell Phone/Emergency	Home Phone	Cell Phone/Emergency
Special Needs/Health Concerns (include medications)			
Special Request (coach, teammate, etc.)		Please contact me to volunteer as a: <input type="checkbox"/> Coach <input type="checkbox"/> Assistant Coach <input type="checkbox"/> Photographer/Videographer	

STAFF USE ONLY		Program # _____
Form of payment:		
Cash	Check # _____	
CC # _____		
CC Expiration Date _____		
Amount Paid _____ (including late fee)	Date Received _____	Staff Init _____

RETURN FORM TO:
Grand Traverse Bay YMCA
3000 Racquet Club Dr
Traverse City, MI 49684
933-YMCA (9622) Front Desk
947-0651 (Fax)
www.gtbayymca.org

GRAND TRAVERSE BAY YOUNG MEN'S CHRISTIAN ASSOCIATION

Official Registration Form

Release and Waiver of Liability and Indemnity Agreement

IN CONSIDERATION of being permitted to utilize the facilities, services and programs of the YMCA (or for my children to so participate) for any purpose, including, But not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned, for himself or herself and such participating children and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will, inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement those premises and all facilities and equipment thereon and such affiliated program have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use or participation by the undersigned and such children. In further consideration of being permitted to enter the YMCA for any purpose including, but not limited to observation or use of facilities or equipment, or participation in any off-site program affiliated with the YMCA, the undersigned hereby agrees to the following:

1. THE UNDERSIGNED ON HIS OR HER BEHALF AND BEHALF OF SUCH CHILDREN, HEREBY RELEASES, WAIVES, DISCHARGES AND CONVENANTS NOT TO SUE the YMCA and all branches thereof, its directors, officers, employees, and agents (hereinafter referred to as "releases") from all liability to the undersigned or such children and all his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned or such children whether caused by the negligence of The releases or otherwise while the undersigned or such children is in, upon, or about the premises or any facilities or equipment therein or participating in any program affiliated with the YMCA.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releases and each of them from any, loss, liability, damage or cost they may incur due to the presence of the undersigned or such children in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releases or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE to the undersigned or such children due to negligence of releases or otherwise while in, about or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA.

The undersigned gives permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, or other media, etc., associated with YMCA programs. *PARENTS: Our staff is trained in child abuse prevention and all staff sign a code of conduct. Please report any suspicious activity immediately.* The undersigned agrees to abide by the Program Refund Policy as stated in the YMCA quarterly Program Brochure. Refunds will be made in the form of program credits unless otherwise approved and requests for refunds must be made in writing prior to the program start date. Late fees are non-refundable.

The Grand Traverse Bay YMCA is founded on Christian principles and values and prohibits inappropriate behavior, conduct, and materials. This includes, but is not limited to, profanity or abusive language, attire, smoking, use of alcohol or drugs, weapons, fireworks, pornography, the removal or misuse of YMCA property, or criminal conduct of any type. Such inappropriate behavior, conduct, or materials is unacceptable and the YMCA consequently retains the right to deny memberships and program participation to its applicants and to revoke a membership of any current member or participant at its sole discretion. Pets are not allowed at YMCA facilities or off-site program locations. All program participants, guests, and members who are minors are not allowed to leave YMCA property unless accompanied by a relative or pre-authorized guardian. Some programs require personal equipment not supplied by the YMCA. Further, the undersigned will at all times display the YMCA values of Honesty, Respect, Caring, and Responsibility and encourage the efforts of all players, coaches, spectators and referees in a positive manner. The undersigned understands the Y mission in offering this program: *to build strong kids, strong families, and strong communities.*

THE UNDERSIGNED further expressly agrees that the foregoing RELEASE WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Michigan and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. THE UNDERSIGNED HAS READ, UNDERSTOOD AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

YMCA PROGRAMS ARE NOT SPONSORED BY OR ASSOCIATED WITH TCAPS OR GTACS

Signature of Applicant/Parent: **X** _____
 Date: _____
 Signature of Child in Program: **X** _____
 Date: _____



GRAND TRAVERSE BAY YMCA
3000 Racquet Club Drive
Traverse City, MI 49684
933-YMCA (9322) | www.gtbayymca.org

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